



Photo: Gregory Drezdson

NATURAL HITTER

by Jim Ingraham

Jim Thome would not be offended if you told him that he did not exactly remind you of Robert Redford.

But then again, you're not Charlie Manuel.

In 1993, Manuel looked at Robert Redford and saw Jim Thome. And the rest is batting stance history.

Talk about life imitating art. Talk to Thome about his batting stance. Or talk to Manuel, now the Indians hitting coach, but in 1993 the manager of the Tribe's Class AAA team at Charlotte, N.C.

"Yeah, sure, I remember that day very well," says Thome. "We were in Scranton, and in the clubhouse

before batting practice, some of the guys were watching the movie *The Natural*."

Manuel was watching the movie, too. It's one of the best baseball movies ever made. It also got Manuel to thinking. Specifically, Manuel saw a scene where Redford, as the hero named Roy

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So after the movie the Charlotte team went out for batting practice, and Manuel mentioned to Thome the scene from the movie. Manuel suggested Thome try the same thing.

"Before then, my whole upper body got tense as I was waiting for the pitch," Thome said. "But by holding my bat out there like Charlie suggested, everything just relaxed. It's a timing mechanism for me, because I don't draw

the bat back until the pitcher starts his windup. But it's also a way to keep me relaxed while I'm waiting for the pitch."

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In *The Natural*, Redford (as Hobbs) played for the New York Knights. In 1993, Thome played for the Charlotte Knights.

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Thome wound up winning the *International League* batting title that year by hitting .332. He also belted 25 home runs and had 102 RBI. He was named the league's *Most Valuable Player*. Thome was called up by the Indians on August

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— Jim Thome on Indians Hitting Instructor Charlie Manuel

13 of that year. And he has been in the Major Leagues ever since.

The tip from *The Natural* was a natural for Thome. And it was only fitting that it came from Manuel, who Thome acknowledges as the person most responsible for him having developed into one of the most feared sluggers in the Major Leagues.

"The big thing with Charlie is the confidence he puts in you," said Thome. "He's had me a long time, as a Minor League manager and Major League coach. He knows me as more than just the Cleveland Indians first baseman. He knows me as a person. He knows me well enough that he can tell the

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Manuel also knows enough to know when to talk to Thome and when to keep quiet. "When you're going good, you won't hear a lot from Charlie," said Thome. "There might even be times when I'm doing something wrong, but I'm going good, so Charlie won't say anything because I'm getting my hits. It's a fine line knowing when to talk to a hitter and when not to, and Charlie knows exactly how to handle it."

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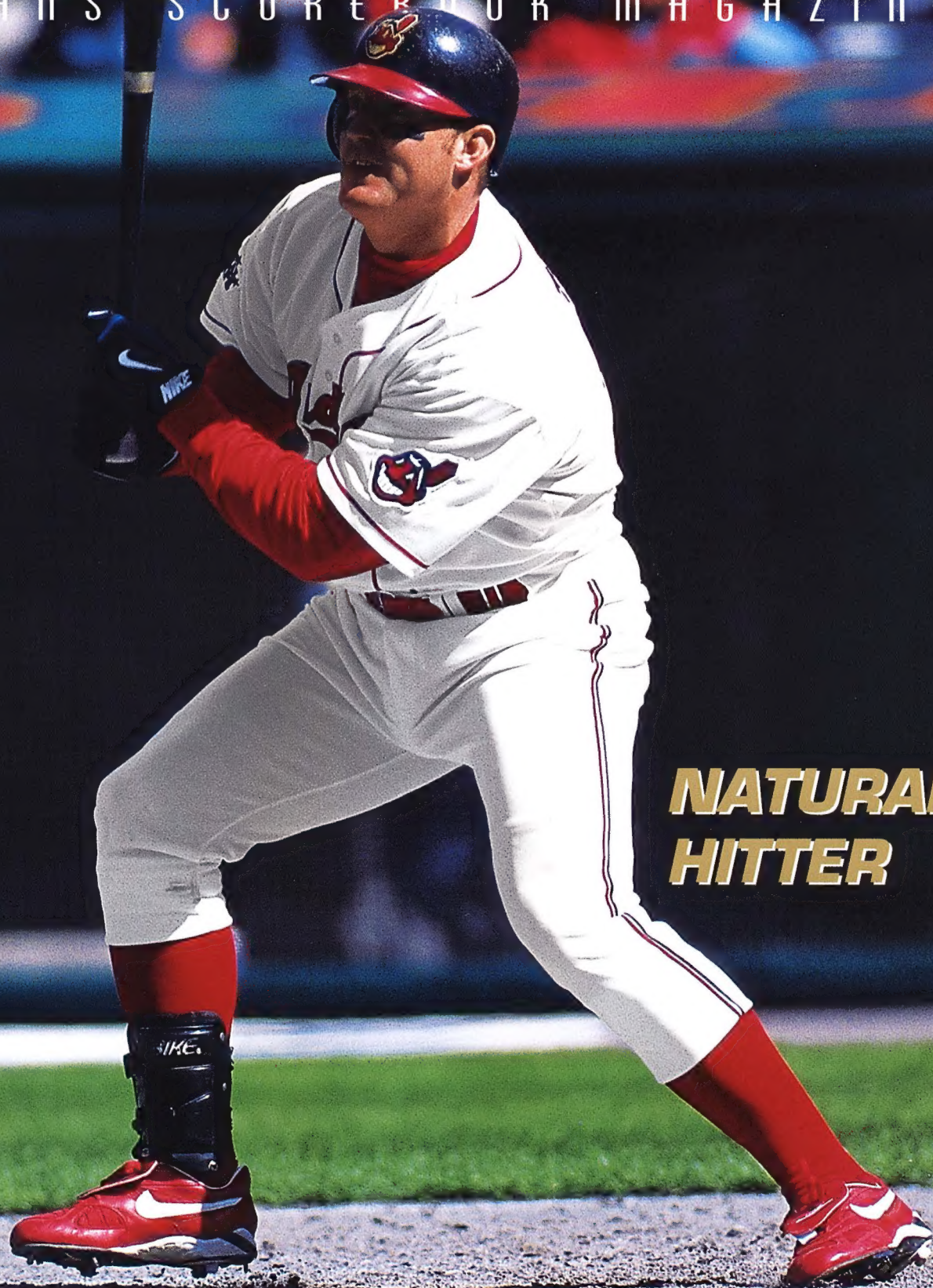
Jim Thome, pictured at left and below, loves hitting and works tirelessly at his craft. He estimates that about 90 percent of his time at the ballpark is spent hitting baseballs.



Photo: Gregory Drezdson

GAME FACE

INDIANS SCOREBOOK MAGAZINE



**NATURAL
HITTER**

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JACOBS FIELD ERA
CHAMPS



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THE ROAD TO RELIEF

by Steve Herrick

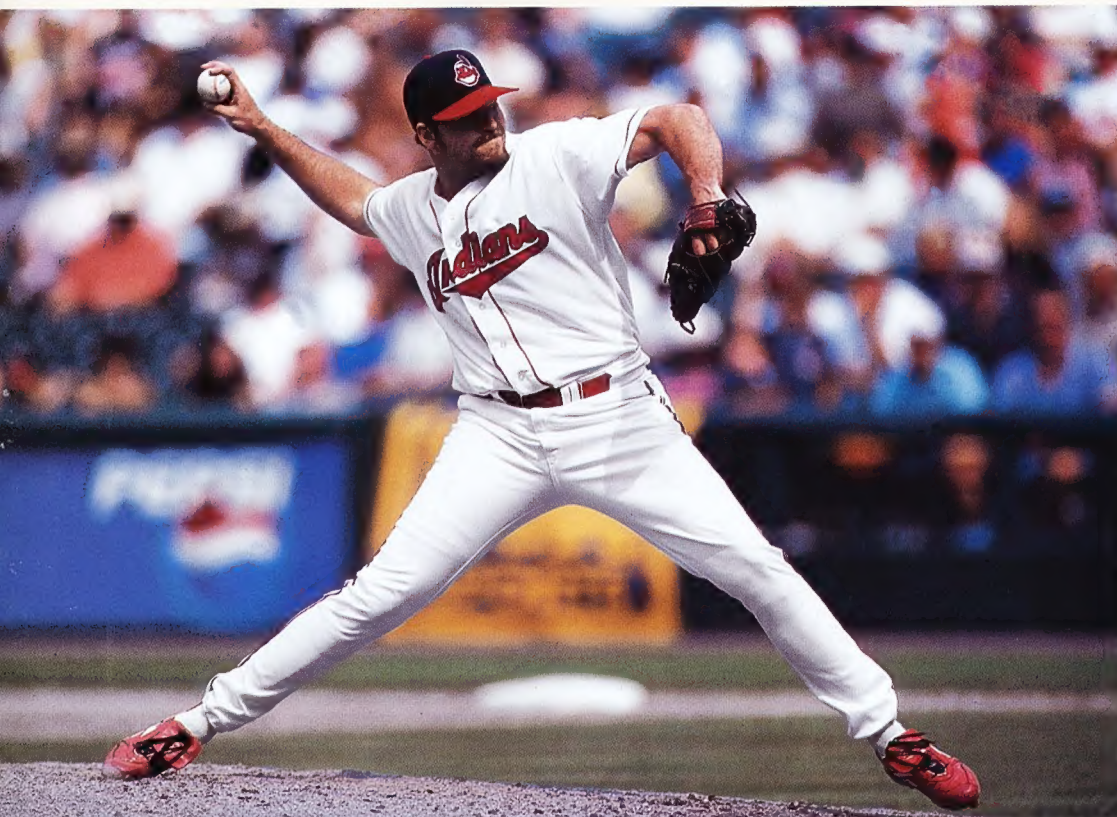


Photo: Gregory Drezdson

The road from his first year in professional baseball to being a mainstay in the Indians bullpen has been a long one for **Paul Shuey**. How long has it been? Even he's having a hard time keeping track.

"Every once in awhile I think back and it seems like it all happened a long time ago," says Shuey.

In some ways, he is right. The right-handed pitcher was the

Shuey has persevered through tough seasons to reach undisputed Major League status.

Tribe's No. 1 draft pick — the second pick overall — in 1992. Both Shuey and the team have come a long way since then.

Shuey has overcome the pressure that comes with being a high draft pick, ineffectiveness early in his Minor League career, and a series of nagging injuries that have hindered his progress.

While Shuey has made his way up the ladder, the Indians have become one of the top teams in baseball.

The two came together last season. As the Indians advanced to the American League Champion-

"I had a lot of confidence late in the season and in the playoffs."

— Paul Shuey reflecting upon 1998

ship Series, Shuey played a major role in the team's success as a setup man in the bullpen. He made three scoreless appearances in the Division Series against Boston before making five more scoreless appearances against New York in the ALCS. Add it all up and Shuey was unscored upon in 9-1/3 Post-Season innings. He struck out 11 and allowed seven hits. And when it was all over, he didn't want to go home.

"I didn't want the season to end," says Shuey. "I had a lot of confidence late in the season and in the playoffs. When you're pitching well you want to keep going. When you're pitching bad you want to go home."

Shuey remembers going into the 1998 Post Season with a different mentality than he had in the past. He thinks that new mentality paid off in a big way.

"In 1996, they asked me if I wanted to work in the last game of the regular season," he says. "I said no. I wanted to protect my



Photo: Gregory Drezdson

2.85 ERA. That was a mistake. If you're scared that your ERA is going to go up, then you don't have the edge. You should want to get the ball and get more guys out. That's the way I was thinking at the end of the season."

Shuey thinks the turning point for him came in Game 1 of the Division Series. The Red Sox rolled over the Tribe, 11-3, but Shuey got in the game and thought it was beneficial. "I think the thing that got me going in the playoffs last year was being able to throw in the first game against the Red Sox when we got blown out," he says. "That got the jitters out of the way for me. It really helped."

It helped Shuey *and* the Indians. He came out of the bullpen in Game

2, when the Indians tied the series in a must-win situation and again in Game 4, when the Tribe clinched the series. Shuey also pitched in Game 2 of the ALCS, one of the Tribe's two wins over the Yankees.

Shuey finished last season with a 5-4 record, two saves and a 3.00 ERA in 43 appearances. In his last 12 outings, he had a 2.77 ERA in 13 innings and posted both of his saves in September. He also held opposing batters to a .132 average with runners in scoring position last season, the best among American League relievers.

"For the first time in the big leagues, I felt in control," he says. "I wanted to keep going. In other years, I just wanted to get out of there."

"Paul threw very well for us the last month-and-a-half of the season last year," Indians manager **Mike Hargrove** says. "Then he really emerged as one of our *go-to* guys during the playoffs."

Shuey's strong finish to the regular season and in the playoffs justified the Indians faith in him, to not only make him the second pick in the country seven years ago, but to

stick with him through the tough times.

On more than one occasion, people wondered if Shuey would ever make it. He struggled in the Minors after being drafted and was shuffled between the Indians and the Minors in 1994 and 1995.

And there were plenty of tough times for Shuey since the Indians drafted him out of the University of North Carolina in 1992. He pulled a groin in 1994, suffered a pulled hamstring and shoulder tendinitis in 1995, and a strained knee and hamstring in 1997. Last season, he pulled his groin again in his second appearance of the season and wouldn't rejoin the Tribe until June 15. Shuey initially was on the disabled list until April 24, but re-injured the groin in his first appearance on a rehab assignment at

"... he really emerged as one of our *go-to* guys during the playoffs."

— Mike Hargrove regarding Paul Shuey's play in 1998

Class AA Akron. He finally began another rehab assignment at Class AAA Buffalo on May 23.

Shuey's injury problems have not been limited to pitching. He escaped serious injury in a 1996 auto accident in which his car slipped off an icy Buffalo road and rolled down a hill. Shuey suffered cuts and bruises and continued to pitch, but it was later discovered he also suffered post-traumatic disorder from the accident.

Shuey and the Indians are hoping his tough times are a thing of the past. The Indians were not about to give up on a pitcher with his talent and their patience is now pay-

Shuey, pictured above, is now an integral part of the Tribe bullpen, a relief staff which is widely regarded as among the best — possibly *the* best — in the American League. Shuey's improvement in performance mirrors that of the bullpen as a whole.

The most sought after seats in Cleveland.

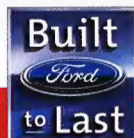


FORD F-SERIES

Well, maybe the second most.



photo by Gregory Drezdon



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ing off. And because he's only 28 years old, there should be plenty of good times ahead for the Lima, Ohio native.

"Paul was healthy in the second half last season," says Tribe general manager **John Hart**. "In the second half and in the playoffs, he was healthy. He threw great, but the big thing was he was healthy."

Hart admits Shuey's road to his present status has been a bumpy one. "Injuries always take their toll on a young player," he says. "It derails them. He's had his share. He'd pull a groin and be out and then it would be six to eight weeks before we could send him on a rehab. Paul's never had a problem with his arm. It's always been a groin or a hamstring."

The Indians stuck with Shuey through the tough times for a very simple reason. He's got a great

According to manager Mike Hargrove, Shuey, pictured right, is highly prized by the Tribe because he can effectively deliver not one, not two, but three "out" pitches.

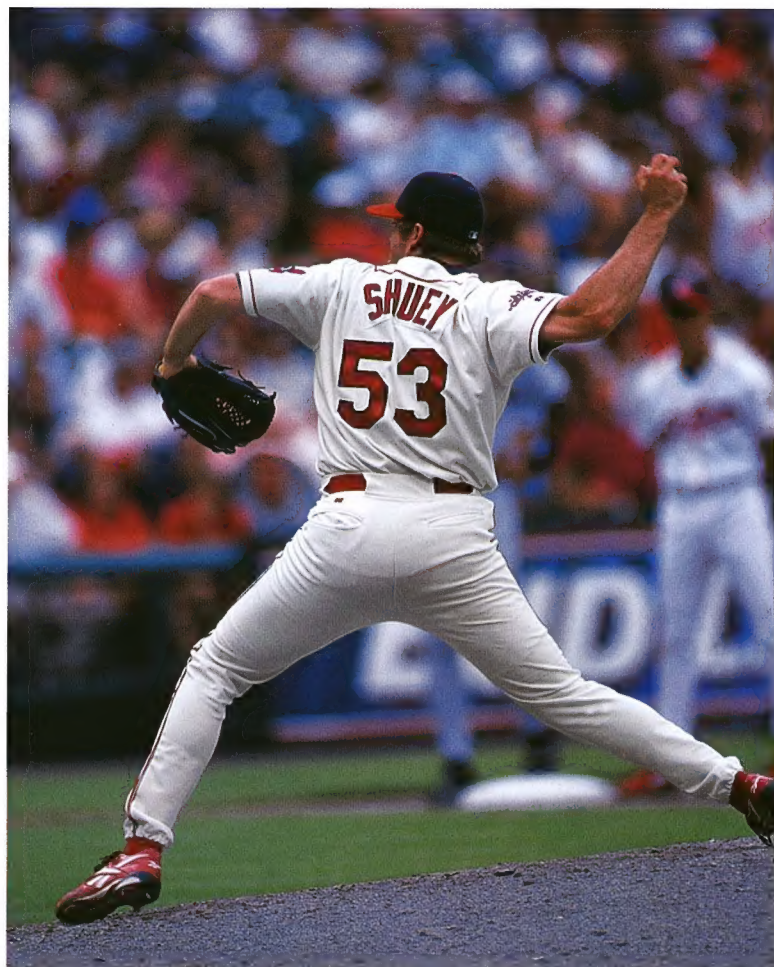


Photo: Gregory Drezdson



Indians Béisbol en Español

Saturday and Sunday home games will have a different sound this season as Allen Davis and Luis Torres return to the broadcast booth for Indians Béisbol en Español! A 26-game schedule will be broadcast in Spanish on select stations (pregame at 12:37PM for a 1:05PM game — 7:37PM for an 8:05PM game). The broadcast schedule includes the following dates:

Sat. May 8	vs Tampa Bay	1:05PM	Sat. July 10	vs Cincinnati	1:05PM
Sun. May 9	vs Tampa Bay	1:05PM	Sun. July 11	vs Cincinnati	1:05PM
Sat. May 22	vs Detroit	1:05PM	Sat. July 31	vs White Sox	1:05PM
Sun. May 23	vs Detroit	1:05PM	Sun. Aug. 1	vs White Sox	1:05PM
Sat. May 29	vs Boston	1:05PM	Sat. Aug. 14	vs Baltimore	1:05PM
Sun. May 30	vs Boston	1:05PM	Sun. Aug. 15	vs Baltimore	8:05PM
Sat. June 5	vs Chicago Cubs	1:05PM	Sat. Aug. 28	vs Tampa Bay	1:05PM
Sun. June 6	vs Chicago Cubs	1:05PM	Sun. Aug. 29	vs Tampa Bay	1:05PM
Sat. June 19	vs Seattle	1:05PM	Sat. Sept. 18	vs New York	1:05PM
Sun. June 20	vs Seattle	8:05PM	Sun. Sept. 19	vs New York	1:05PM
Sat. July 3	vs Kansas City	1:05PM	Sat. Oct. 2	vs Toronto	1:05PM
Sun. July 4	vs Kansas City	1:05PM	Sun. Oct. 3	vs Toronto	1:05PM

"¡NO PIERDAS NI UNA JUGADA!"

arm. Maybe one of the best in the business. "He has three Major League out pitches," says Hargrove. "You don't find that in too many pitchers, especially a reliever."

"He's got a good repertoire," says Hart.

Shuey has the kind of arm that pitching coaches dream about.

Regan's first stint with the Indians came in 1994. Shuey was called up to the Indians for the first time on May 6 of that season. The call-up was the culmination of a quick rise to the big leagues for Shuey that season. He began the year at Class A Kinston before making the big jump. The last Indians pitcher to go from Class A ball to the Majors was Greg Swindell in 1986.



Photo: Gregory Drezdson

Shuey made an immediate impact. He was five-for-five in save opportunities and became the first American League rookie to record three strikeouts in one inning. However, Shuey showed his inexperience. He was Q-1 with an 8.49 ERA. He showed his great arm by striking out 16 in 11-2/3 innings, but he showed his wildness by walking 12. A groin injury put him on the disabled list on June 27. When he got over the injury he spent the rest of the strike-shortened season at Class AAA Charlotte.

Regan remembers the Shuey of 1994. He says there's no comparison to the Shuey of 1999. "He's much better than he was the first time I was here," says Regan. "He's totally different now. When he first

came up he had that high leg kick. Now he's more compact. He's more of a complete pitcher. He's aggressive and he's getting the ball over."

Shuey enjoys working with Regan, who was one of baseball's top relievers in the 1960s and 1970s. "Phil is one of the better guys I've worked with," says Shuey. "He's played the game. It's easier to listen to a guy who has done the things he's done. He had quite a few years in the big leagues. You know he's done it."

"He's got a hard fastball, a hard breaking ball, and a splitter that just explodes."

— Tribe pitching coach Phil Regan on Paul Shuey

Shuey hopes his groin pulls are also a thing of the past. "I felt really strong going into last year," he says. "I felt like I tweaked it the first time I pitched. Then I kept pulling it. I re-tweaked it at least six times before it got better. Finally, I saw a kinesiologist who got it settled down."

Shuey says he went back to the kinesiologist eight times during last season and will see him a couple of times a month this season.

Shuey also has a long-range goal in mind that could come sooner rather than later. "I thought I'd be closing by now, but it's tough to break into a role on this team," he says.

"We have a lot of talent, especially in the bullpen."

The Indians think they have one of the best bullpens in baseball this season. Mike Jackson, who had 40 saves last season, returns as the closer. Shuey and lefthander Ricky Rincon, are the primary setup men, but could close if Jackson needs a day off. Righthanders Steve Reed, Jerry Spradlin, and Steve Karsay and lefty Paul Assenmacher will also be counted on.

"There's not too much to worry about," says Shuey. "We have a lot of solid guys out there. If anybody falters we've got somebody to back



According to Tribe pitching coach Phil Regan, Shuey, pictured above, has departed from using a high leg kick in favor of a more "compact" delivery.



Jacobs Field Ground Rules

Baseball's most important pitch this season won't come from a mound. In an effort to combat drinking and driving, Major League Baseball, together with the Techniques for Effective Alcohol Management (TEAM) coalition, continues to make a comprehensive appeal to fans this year. The message: **PLEASE DON'T DRINK AND DRIVE!**

As part of the TEAM program, each Major League club reviews its alcohol policies and runs public service announcements asking fans to drink responsibly and warns them against the consequences of drinking and driving.

The Cleveland Indians want you safe, because we want you back. Please drink responsibly.

In an effort to make everyone's visit to the Ballpark as safe and enjoyable as possible, a list of guidelines has been developed.

The Indians ask that you follow these guidelines, or be subject to ejection from the Ballpark, and in some cases, subject to criminal prosecution by the Cleveland Police Department.

To ensure that each game is a pleasant experience for each and every guest, the Indians have established the following **"Ground Rules:"**

"It is our intention to make our home a safe, comfortable, family-oriented facility so every trip to Jacobs Field is most enjoyable."

**— Dennis Lehman,
Indians Executive Vice
President of Business**

- Jacobs Field is a non-smoking facility with designated smoking areas. Non-smoking areas include: the entire seating bowl of the Ballpark (including the outdoor seating of Suites and Club Seats); KidsLand; and all public rest rooms. Smoking is permitted in the following areas: Back Yard; Patio area on the Main Concourse; all three concourse levels (Main, Mezzanine, and Upper Deck) on the East Ninth Street side of the Ballpark and Upper Deck pavilion area on the Carnegie side of the Ballpark (all of these locations are open-air areas with picnic tables, concession stands, and rest room facilities nearby); Bleacher Concourse on the Eagle Avenue side of the Ballpark. In addition, the Terrace Club and Club Lounge have both smoking and non-

or carry obscene, political, or commercial messages. Banners may be hung from the facing of the Upper Deck. Poles and sticks are strictly prohibited.

- Fans may bring small umbrellas into Jacobs Field as long as they do not interfere with other fans' enjoyment of the game. Large golf umbrellas are discouraged.
- Cameras and video recorders are permitted. However, any resale of the photography or video is strictly prohibited. Team name, logos, and players' likenesses are all copyrighted material.
- Persons observed breaking the law (eg. using illegal drugs, or drinking alcohol underage) will be subject to immediate ejection and/or criminal prosecution.



Photo: Gregory Drezdson

smoking areas. Jacobs Field has signage identifying designated smoking areas for your convenience.

- Cans, glass bottles, plastic beverage containers, thermos bottles, and squeeze bottles are not permitted into Jacobs Field.
- Due to security concerns, hard-sided coolers and containers are not permitted. Soft-sided containers and coolers are permitted.
- Food items and juice boxes are permitted inside the Ballpark, provided they are not inside a hard-sided cooler or container.
- Pets are not allowed inside the Ballpark. However, guide dogs for persons with sight disabilities are permitted.
- The resale (scalping) of Indians tickets is strictly prohibited and subject to prosecution by the Cleveland Police Department.
- Fans are permitted to bring and display banners, provided they do not interfere with the game, obstruct the view of fans,

- Persons using obscene or abusive language, or engaging in any other antisocial conduct offensive to those around them, will be asked by Indians personnel to cease this conduct. If the offensive conduct persists, those involved will be ejected from Jacobs Field.
- Persons entering the playing field, throwing or attempting to throw objects onto the field, will be subject to immediate ejection from Jacobs Field and/or criminal prosecution.

If you have any questions, comments, suggestions, or problems, please visit one of the Guest Service Centers located at Section 121 of the Main Concourse and in Section 519 of the Upper Concourse, or see one of our hosts throughout the Ballpark. The Indians thank you for your cooperation.



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Jim Thome, pictured at left and below, loves hitting and works tirelessly at his craft. He estimates that about 90 percent of his time at the ballpark is spent hitting baseballs.



Photo: Gregory Drezdow

Thome at Colorado Springs in 1991 and 1992, and at Charlotte in 1993. Since 1994 Manuel has been the Indians hitting coach, and that has roughly coincided with

Thome's ascension into being one of the premier sluggers in the game.



"The first time I saw Jim Thome he weighed about 185 pounds," said Manuel. "And he had very little power." Indeed,

in 1991, despite playing in the rarefied air of Colorado Springs, Thome hit just two home runs in 151 at-bats.

"Back then he used a closed stance," said Manuel. "He didn't pull the ball at all."

Thome had a career average of .317 in his five years in the Minor Leagues. But the power didn't come until late. Very late. Like not until that fifth year. "That was in 1993 at Charlotte," said Manuel. "In his first 125 at-bats that season, I don't think he hit a ball to the right of second base. I was concerned, because he just wasn't pulling the ball."

And Manuel knew that Thome would never realize his true power potential until he learned to hit the ball out in front of him, which would allow him to pull the ball more to right field, thereby giving him more power.

"He was leading the league in hitting at the time, but I changed his stance anyway, trying to get him to pull the ball more," said Manuel.

Manuel told Thome to open up his stance — to stand with his left foot closer to home plate, and his right foot farther away from the plate.

Manuel and Thome, at right, have been together as instructor and student for many years.

"In his first 125 at-bats that season [Charlotte, 1993], I don't think he hit a ball to the right of second base."

— Charlie Manuel regarding Jim Thome's need to pull the ball early in his career

The results were immediate and dramatic. After hitting a total of 26 home runs in his previous four Minor League seasons, Thome hit 25 home runs in 1993 at Charlotte.

"The other thing that happened, besides having Charlie work with me, is that I got bigger and stronger," said Thome. "I think that helped me become a better pull hitter. I mean, it wasn't like I woke up one morning and said, 'OK, now I want to start to pull the ball more and start hitting home runs.' What happened was my body started to fill out, and I got stronger."



Photo: Gregory Drezdson

Thome is also an indefatigable hitter. He's always one of the first players to arrive at the ballpark and he almost invariably heads immediately to the indoor batting cages. He'll hit in the indoor cages until the regularly scheduled pre-game batting practice begins. Then he'll hit during batting practice, and when that's over he'll go back inside and hit in the indoor cages some more.

Thome can't get enough hitting. You can't wear him out. Hitting is his life. "I could hit all day long. I really could," Thome said. "Hitting is the most fun part of the game. God, I could hit all day. That's the ultimate. Hitters hit."

Thome's dedication is evident through his batting average and on-base percentage.

Even in — no, especially in — the Minor Leagues.

"You wouldn't believe how much we would hit in the Minor Leagues when Charlie was my manager," said Thome. And slumps have nothing to do with it. "I really believe that when you're going good, that's when you should hit a lot," Thome said. "Because you have to stay mentally sharp. I've never been a guy who could just show up and be good."

But Thome also knows how to handle the bad. "This is no lie: I can feel a slump coming on two days before it hits me," he says. "I can tell by the way I feel in the box. That's when I go to Charlie and say, 'Let's go to the cage. I've got to work on this,' maybe a fastball away or a certain breaking ball."

Thome's ability to recognize the approach of a slump also helps him handle it. "Now I never feel help-

"I can feel a slump coming on two days before it hits me... That's when I go to Charlie and say, 'Let's go to the cage.'"

— Jim Thome

less in a slump," he said. "In my younger days, yeah, I did. Because mentally it's tough to get through it. Slumps are mostly mental. I'm constantly telling the young guys on our team that just because you're 0 for 2 in your first two at-bats, that doesn't mean you're going to have a bad game. This game revolves around failure. And if you

continued, see Thome, page 88







How To Score A Game

Baseball fans can enjoy the sport to the fullest extent by keeping track of the game and pinpointing those big plays that bring victory or defeat. All you need is a basic knowledge of the rules.

Although there are countless scoring methods, experts use a simple code based on numbering players by position and tracing action through the use of symbols. It's easy and fun.

In fact, why not devise your own scoring system with the basic suggestions on this page.

One such suggestion on player substitutions is to use a heavy or wavy line under or over a box to indicate a change, either of a player or batter.

If a batter flies to the rightfielder, merely use the figure 9. If it is a foul fly, use 9F.

Now that you are an official "scorer," you can really enjoy baseball games.

TEAM	Pos.	1	2
Rightfielder	9	4-6 W	
2nd Baseman	4	3 ④FO	
1st Baseman	3	==	
Centerfielder	8	SF 8	
Designated Hitter	DH	K	
Leftfielder	7		4-6
Catcher	2		DP 4-6-3
3rd Baseman	5		≡≡≡
Shortstop	6		7
Pitcher	1		
TOTALS	R/H	1/1	1/2

Walked and was forced out at second (second baseman to shortstop)

Reached first on fielder's choice when runner was forced out, advanced to third on a double by 3rd place hitter; scored on 4th place hitter's sacrifice fly.

Doubled; did not advance further.

Flew out to center field scoring runner on third.

Struck out — end of the inning.

Singled; later forced out at second (second baseman to shortstop in first half of double play).

Hit into double play (second baseman to shortstop to first baseman).

Hit home run.

Flew out to leftfielder — end of inning.



Photo: Gregory Drezdson

Can You Score The Play Above?

The ball was hit to the second baseman, who threw it to the shortstop. The shortstop was able to force out the runner who had been at first. He then threw the ball to the first baseman to get the batter out, turning a double play.

Can You Read This Scoring Example?

The hitter reached first base on a walk, stole second, advanced to third on a pitcher's balk, and scored on a wild pitch.

BK	SB
WP	W

Use Symbols As Shorthand...

Single	—
Double	≡
Triple	≡≡
Home Run	≡≡≡
Error	E
Foul Fly	F
Double Play	DP
Fielder's Choice	FC
Hit by Pitcher	HP
Wild Pitch	WP
Stolen Base	SB
Sacrifice Hit	SH
Sacrifice Fly	SF
Caught Stealing	CS
Passed Ball	PB
Balk	BK
Struck Out	K
Base on Balls	BB
Forced Out	FO
Intentional Walk	IW

The Tribe's Medicine Men

by Bill Needle

To measure the excellence of a baseball team, one must go far deeper than the win-loss standings. Sure, evaluating a ballclub between the lines is the easiest measure of success. If a team wins 100 games, it won't matter to the fans if the wieners are cold, the beer is warm, and the ballpark is dirty.

In the Indians case, the daily standings measure just one facet of excellence. After Bartolo Colon's ERA, Manny Ramirez's homer total, and Kenny Lofton's on-base percentage come fan satisfaction with food, choice of music on the Jacobs Field sound system, and availability of paper towels in the rest rooms — among other concerns.

The Indians quest for excellence is also evident in the franchise's attention to training and conditioning. Most baseball observers feel the Tribe's four-man staff of Head Trainer **Paul Spicuzza**, Assistant Trainer **Jim Warfield**, Strength and Conditioning Coach **Fernando Montes**, and Director of Rehabilitation **Jim Mehalik** rank at or near the top in an area that has grown exponentially in the last several decades. The Indians themselves aren't so sure about that ranking of their training staff. They think their four-man team is the best.

In fact, the Indians Training and Conditioning staff is seen as the cutting edge of development in a field that is changing so fast that

The Indians Training staff values injury-prevention measures. Above, Fernando Montes, whose specialty is strength and conditioning, leads team members through stretching warm-ups.



Photo: Gregory Drezdson

yesterday's techniques can often be as valuable as cold wieners, warm beer, and dirty rest rooms.

"As recently as the 1970s, there was no such thing as the 'science' of training and conditioning," says Spicuzza, a native Cleveland in his 17th Tribe season and third as head trainer. "Only a handful of colleges offered courses in the field and there just wasn't much documented information in the field of preventing, assessing, and rehabbing athletic injuries."

The 46-year-old Spicuzza seems to be the Tribe's link between the earlier, learn-on-the-job years of athletic training and conditioning — the era in which the 54-year-old Warfield began his career as a teenage assistant with the Philadelphia Eagles — and today's high-tech generation — personified by the 41-year-old Montes and the 33-year-old Mehalik.

"My mentor was 'Doc' Iliano, the legendary trainer at John Carroll

University, where I went to college," Spicuzza says. "I played freshman football and baseball at St. Joseph's High, but wasn't good enough to play after that. But I loved sports — and had an interest in training. I met Doc, told him of my interest, and he said, 'Come to Carroll and work with me.' So I did. The fact that my mom worked in the business office at John Carroll and dependents of Carroll employees got free tuition didn't hurt, either. Neither did the fact that I also have six brothers."

Richard "Doc" Iliano is universally regarded as one of the founding fathers of modern athletic training and conditioning. "Doc was there, 50 years ago in the hotel room at the first NATA (National Association of Trainers of Athletics) convention when they wrote the bylaws," Spicuzza says. "And he helped me immensely. Doc taught a few classes at Carroll in the field. But mostly it was a one-on-one education, just him and me. It was a great foundation to build a career on."

While Spicuzza and Mehalik are native Clevelanders and Warfield is a native of the relatively nearby Hershey, PA, Montes has travelled the farthest — both in career movement and mileage — to deliver his unique talents to the Indians training and rehab team.

"I'm from Los Angeles," says Montes, who feels his ability to communicate in both Spanish and English helps his work in baseball, given the number of Hispanic players,

Paul Spicuzza, pictured above, takes reliever Paul Shuey [in whirlpool] through a series of rehabilitation and conditioning exercises. Spicuzza was trained at nearby John Carroll University.



Gregory Drezdron

but isn't the sole reason for his success. "And I was a football guy at the start. I played quarterback and wideout. But when my college dropped the sport, I looked for a way to stay involved. Coaching was the answer."

Montes has crammed a lifetime of experience in the two-odd decades since he left the gridiron as a player. He's been in the military, been a member of the Department of Physical Education at Cal State-Los Angeles and spent three years as Strength and Conditioning coach at Stanford — one of America's great academic centers, yet one with a massive commitment to athletics — perhaps the perfect location for Montes — a man with a combination of intelligence and commitment to sport.

"The resources at Stanford were many," Montes says. "And what I learned there and worked with there played a part in how we helped design the facilities at Jacobs Field when the new ballpark was being completed. I was with the Indians for the last year at Cleveland Stadium and had a hand in what we put into our new park."

Montes is a voracious reader, both in the training field and out. His of-

fice is piled with professional journal upon professional journal. With the concept of "wellness" growing rapidly throughout society, it's easy to understand how Montes and the

"We'll put monitors on guys in games to measure levels of stress . . . because a lot of injuries are stress-related."

—Strength and Conditioning Coach Fernando Montes

other three members of the training team are more concerned with preventing injury than with assessing and rehabbing.

"We'll put monitors on guys in games to measure levels of stress in certain situations," he says. "If we know how strong their systems must be to avoid being hurt by the stress of a situation, we know how hard to condition the players to avoid that stress in the first place — because a lot of injuries are stress-related."

Should the occasion arise where the efforts of Spicuzza, Warfield, and Montes still can't prevent an injury, it's the job of Mehalik, in his fifth year of association with the Indians and his second season as Director of Rehabilitation, to get the Tribesmen back into action as quickly — and as healthy — as possible. In addition to his duties with the Indians, Mehalik is also the Rehabilitation Manager at Lutheran Hospital on Cleveland's near West Side.

"There's a lot of overlapping in our areas of responsibility," Mehalik says. "But Paul, Jimmy, Fernando and I have so much respect for each other that there's no friction. My role is to work with individual players as they come back from in-

jury. But I do it in concert with Fernando, Paul, Jimmy — and our team physicians, as well. There's just so much for each of them to do with a roster of 25 players that I can work with an individual when, perhaps, they must work with the entire squad.

"Whatever the case, I know that as a team, we're working together on a plan to get a player back on the field as soon as he's been injured.

"We have something special here," Mehalik adds. "Players who come to Cleveland from other teams say so. A guy'll get a problem handled by our staff and he'll tell us, 'I can't believe you guys helped me so quickly. This thing dragged on for months with my old team.' "

Yet for all the modern technology that Montes, Mehalik, and Spicuzza bring to the Tribe's training tables, there's still a role for the classic athletic trainer, the man who uses instinct, experience, personality, knowledge, and the wisdom of seasons past to succeed. If Montes and Mehalik keep pushing the edge of the training "envelope," it's Jim Warfield who manufactured the envelope in the first place.

In his 29th season with the Tribe, Warfield has seen the field of athletic training and conditioning evolve from what some man-

agement once felt was a necessary evil into one of the most necessary departments of a modern pro team. Part of the emergence of the training team is a result of the increased monetary investment in the players by the franchises.

"We all know what's at stake in our jobs," Warfield says. "The teams

"I've made it a point to treat the 100th man in an organization just like I treat the first man."

— Assistant Trainer Jim Warfield

know what they're paying and the players know what they're making. An injury puts all that in jeopardy. So both have to trust that the training staff knows what it's doing."

And if there's one word that might characterize Jim Warfield, his job, and the jobs of all the others on the Tribe's training team, it's *trust*. Warfield's work with the gazillion-dollar modern-day ballplayer is trusted by everyone who knows him — by peer, performer, and employer. And Warfield has gained that trust the old-fashioned way. He's earned it.

"Ballplayers are smart," Warfield says. "They see everything. And their trust in you comes from them watching how you do your work. I've made it a point to treat the 100th man in an organization just like I treat the first man. And the players see that. And they talk about it. And when a player knows his career could be in your hands, he'd darn well better trust you. And I think they have confidence in me — in all of us.

"Besides, we're professionals. We'd do our best with a player whether he made a dollar a year or a million. It doesn't matter what the players make. We still do our best as trainers. Always. That's how the confidence in us develops."

*continued, see **Trainers**, page 97*



Photo: Gregory Drezdson

Assistant Trainer Jim Warfield has earned the respect of players because of his experience, expertise, and his equal attention to the well-known and not-so-well-known athletes.



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Enjoy the Best While
Watching The Best...

Thome

continued from page 45

prepare your mind for only positive things, positive things will happen. I really believe that."



And the one thing Thome is most positive about is that he's a hitter who loves to hit. "I'd say that 90 percent of

the time I'm at the ballpark, I'm hitting with Charlie," he said. "Hitting should be simple. As a hitter you shouldn't dwell too much on your success just as you shouldn't dwell too much on your failure, because there is going to be plenty of both."

And nobody enjoys both ends of the spectrum more than the Indians first baseman.



Photo: Gregory Drezdson

Thome describes his younger days at the plate as "grip it and rip it," but today he understands the value of working a pitcher into a favorable pitch count.

"I love to play baseball. I was made to play baseball," he said. "If you asked me what I'd like to do if there was no baseball, I wouldn't know how to answer you. This is the best life there is."

Probably because he's a natural.

SliderVille Answers

Names of the Game

1. C, 2. A, 3. I, 4. H, 5. G, 6. L, 7. K, 8. B, 9. J, 10. F, 11. E, 12. D

Play the Percentages

- A. $52/84 = 0.619$
- B. $41/64 = 0.641$
- C. $35/52 = 0.673$
- D. $19/32 = 0.594$
- E. $100/144 = 0.694$ (The Tribe's percentage in 1995)

Win, Win, Who's Got the Win?

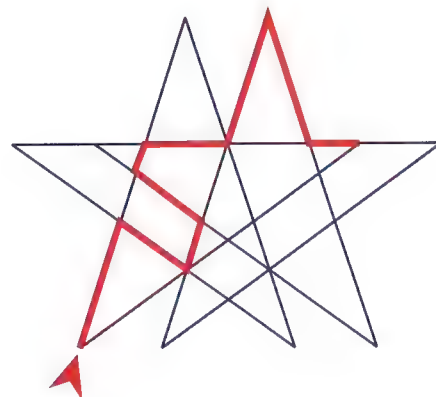
Since the game lasted just through the last half of the ninth inning, when the hosting team of the Roundball Robins were at bat, they must have won. There's no need to calculate the score.

Double Your Pleasure

The correct number answers are: 162, 17 (Bob Feller), 22 (Minn. 8/31/93), 2 (1920, 1948), 48 (Phil Niekro), 13 (9 defensive + 4 offensive : bases loaded + batter), 405, 10 (Minn. 9/28/84), 31 (by Nap Lajoie in 1906), 19.

The letters that correspond to those numbers spell out : TWO ALOMARS! (Both of whom were recent All-Star Game MVPs!)

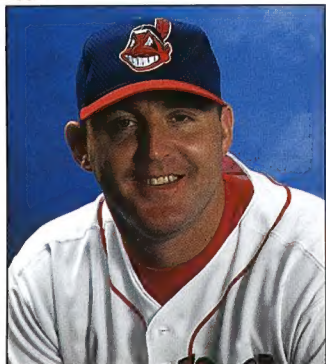
$$7 \times 7 = 18$$





Indians™
DON'T
MISS A
PLAY

Photo: Gregory Drezdson



Jim THOME **25**

Age: 28; born Aug. 27, 1970 in Peoria, IL

Position: Infielder

Bats: L Throws: R
Ht: 6'4" Wt: 225



Omar VIZQUEL **13**

Age: 31; born Apr. 24, 1967 in Caracas, Venezuela

Position: Infielder

Bats: S Throws: R
Ht: 5'9" Wt: 170



Mark WHITEN **29** *Disabled List*

Age: 32; born Nov. 25, 1966 in Pensacola, FL

Position: Outfielder

Bats: S Throws: R
Ht: 6'3" Wt: 235

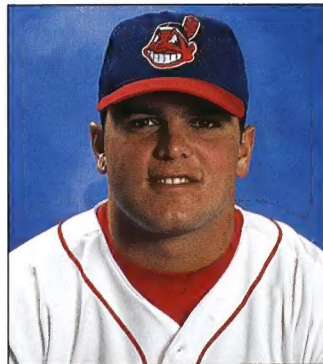


Enrique WILSON **35**

Age: 23; born July 27, 1975 in Santa Domingo, DR

Position: Infielder

Bats: S Throws: R
Ht: 5'11" Wt: 170



Jaret WRIGHT **27**

Age: 23; born Dec. 29, 1975 in Anaheim, CA

Position: Pitcher

Bats: R Throws: R
Ht: 6'2" Wt: 230



Photo: Gregory Drezdson



Trainers

continued from page 68

And that confidence leads to close relationships. How could it not? An injured player puts his future in the capable hands of Spicuzza, Warfield, Montes, and Mehalik, follows their plan, comes back from injury, and goes on to even greater baseball success. How could family-like relationships not develop between trainer and player?

"Sure, I know it's a business and they know it's a business," Warfield says. "But that doesn't keep closeness from developing. You get attached to players in my job. They become like family. When they get traded it's tough. And it gets harder for me emotionally to watch close friends leave as time goes on."

"We treat our players as human beings, as men, as fathers, as husbands — not as famous people."

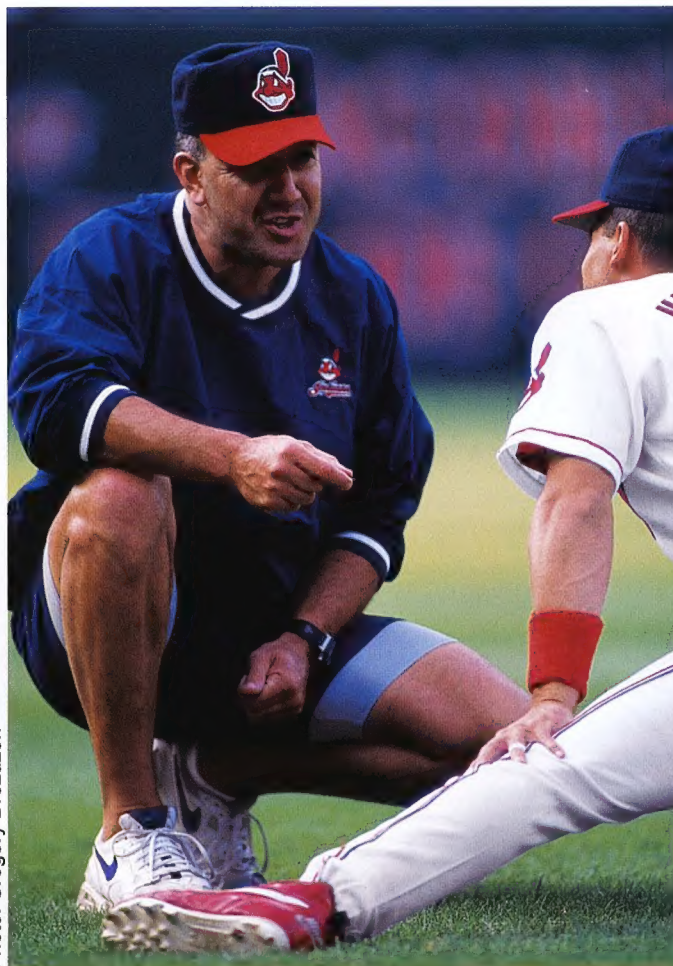
— Head Trainer Paul Spicuzza

"That's why I never say 'good-bye' to a player. I'll shake his hand. I'll give him a hug. I'll tell him, 'See you somewhere on down the road.' But I never say good-bye."

"It's the relationships that are one of the best parts of this job," Warfield adds, likely speaking for each of his training teammates. "The people we work with, seeing

Strength and Conditioning Coach Fernando Montes, pictured above with Omar Vizquel, brings a wealth of experience to the Indians — as both an athlete and a coach.

Photo: Gregory Drezdson



the team win, being a part of the fantastic chemistry that exists from Mr. Jacobs on down throughout all the levels of this organization, watching the players we work with work so hard to come back from injury, having an impact on a man's career — there's just so much that's great about what we do."

But within a trainer's joy for his job is the potential for a great dilemma. Are there ever times when the team wants a player back in action before he's ready, and the trainer is caught between what's best for the player and what's best for his employer?

"If you have a philosophy about how you're going to do your job, that's not a problem," Spicuzza says. "We treat our players as human beings, as men, as fathers, as husbands — not as famous people."

"Our basic rule is: Is the player at any more risk of hurting himself



any further if he plays? Will playing do more harm to him? "Once you look at a situation like that, it always seems to work out."

The words "work out" seem to be said often by and around the Tribe's training team. Like Paul Spicuzza says, if one treats players as humans, potential problems will "work out." If, like Jimmy Warfield says, one treats

each player with respect, confidence, and trust, everything will "work out." If one follows Jim Mehalik's rehabilitation "workout," he can return from injury as good as new; and if one follows Fernando Montes' "workout," perhaps he can avoid serious injury entirely.

But, to a man, the training team agrees on one thing. "The best thing of all," Spicuzza says, "would be to never see an injured player at all. No injuries."

Unlike being that lonely washing machine repairman in the TV commercials, being a lonely baseball trainer would be fabulous.



Bottom of the Ninth

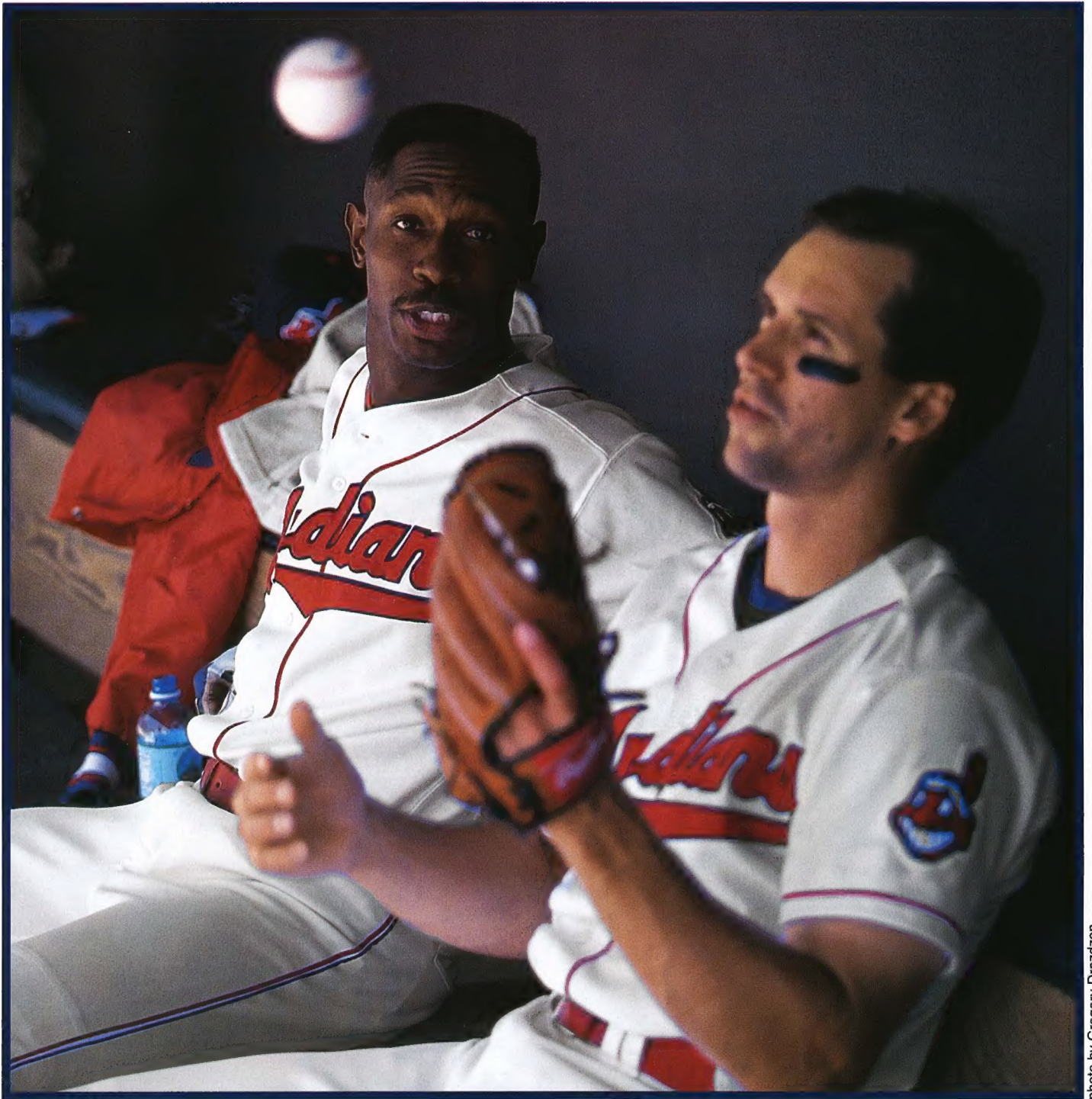


photo by Gregory Drezdson

"If he misses before 100, he's buying dinner!"